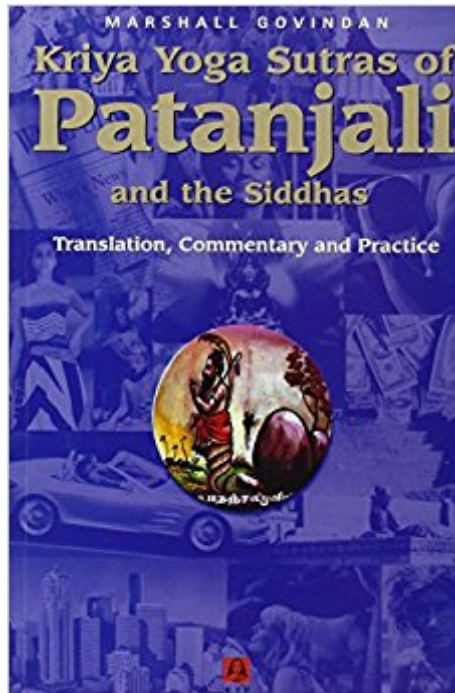




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Kriya Yoga Sutras Of Patanjali And The Siddhas



Synopsis

Patanjali's Yoga-Sutras are universally considered to be among the two or three most important texts in the field of yoga. Patanjali refers to his yoga as "Kriya Yoga": the "yoga of action with awareness". Until now, commentators have treated it as a philosophical reference, and have largely ignored its implications for yogic practice. They have also ignored the fact that it is also an esoteric work, and that only initiates, with sufficient prior experience, can grasp its deeper meaning. This new translation and commentary provides a practical guide to Self-realization or enlightenment. It clearly explains how to apply Patanjali's profound philosophical teachings in everyday life, in any situation with a unique "practice" section after each verse's commentary. There is also comparison with "Thirumandiram" a classic work of the siddha tradition. "Marshall Govindan's Kriya Yoga Sutras of Patanjali and the Siddhas is a valuable addition to the study of Yoga in general and the Yoga-Sutra in particular. I can wholeheartedly recommend it... In particular, the growing number of students of Kriya Yoga throughout the world will find his treatment indispensable, but others will benefit from it." From the Foreword by Dr. Georg Feuerstein, Ph D. author of "The Sutras of Patanjali" and the "Encyclopedia of Yoga".

Book Information

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Customer Reviews

"...a valuable addition to the study of Yoga in general and the Yoga-Sutra in particular. I can wholeheartedly recommend it." --Georg Feuerstein, Ph D.

Marshall Govindan has practiced Babaji's Kriya Yoga intensively since 1969. He studied and

practiced Kriya Yoga in India for five years with Yogi S.A.A. Ramaiah, assisting him in the establishment of 23 yoga centers around the world during an 18 year period. During this period he practiced Kriya Yoga for eight hours per day on average, and as a result attained Self-realization. While in India he studied the Tamil language and the works of the Tamil Yoga Siddhas. In 1980 he assisted in the collection and publication of the complete writings of Siddhar Boganathar. In 1986 he administered the construction of a rehabilitation hospital dedicated to Yoga therapy and physical therapy in Tamil Nadu, India. In 1988 he was asked by Babaji Nagaraj, the founder of Kriya Yoga to begin teaching. In 1991, he wrote the best selling book, "Babaji and the 18 Siddha Kriya Yoga Tradition", now published in 9 languages. In 1992 he established Babaji's Kriya Yoga Ashram in St. Etienne de Bolton, Quebec. Classes, seminars and retreats are offered there year round. In 1995 he retired from his work as the chief systems auditor for Quebec's largest employer, the cooperative Mouvement Desjardins to devote himself full time to teaching and publishing in the field of Yoga. Since then, he has travelled extensively throughout the world guiding about 50 Kriya Yoga study groups in over 20 countries, an ashram in Pondicherry, India, and a lay order of teachers of Kriya Yoga: Babaji's Kriya Yoga Order of Acharyas, a non-profit educational charity, incorporated in the USA, Canada and India. Since 1989 he has personally initiated over 7,000 persons in Babaji's Kriya Yoga in a series of intensive sessions and retreats. In October 1999 he was blessed with the darshan of Babaji Nagaraj near his ashram in Badrinath, Himalayas. He is currently co-directing a team of scholars in a large scale research project encompassing the whole of the literature related to the Yoga of the Tamil Siddhars. He is a graduate of Georgetown University School of Foreign Service and George Washington University in Washington, D.C.

Wonderful book to learn about the Patanjali yogasutras. Very well written, it has helped me come to grips with Patanjali's ancient knowledge. The translations in English, as well as commentary are very clear and accessible.

Great material but hard to get through

The Yoga Sutras are a life time of study. This is a wonderful edition.

Don't like being without it. Gives some perspectives not available in other translations and draws insightful parallels with the Siddha tradition of South India. Includes helpful suggestions for practical application.

This is a very practical and useful translation of Patanjali. It's thorough in its analysis of the original text and is extremely helpful in instructing the reader on how to implement and practice the teachings. If you are a student of Patanjali, this is a "Must Read."

The cover seems bizarrely disconnected from the subject matter of the book, which is unfortunate because it led me to believe this might not be a very serious work and I put off delving into it for quite some time. To my pleasant surprise, the text is quite substantial and well-done, with a lot of helpful features and information. I still scratch my head at the cover, though.

Marshall Govindan's careful translation and commentary takes this book far beyond being just a collection of inspirational and interesting Eastern philosophy. His deep understanding of the yogic techniques intimated by the original text allows him to present this in its proper form: a key to liberating techniques as documented by Patanjali in the Golden Age of Yoga. Careful indexing in English and Sanskrit allows the modern student of Yoga to quickly access passages dealing with specific yogic concepts in English and in Sanskrit. Passages are also indexed to the secret teachings of Babaji Nagaraj (the Great "Babaji of the Himalayas" discussed in Autobiography of a Yogi), making this book a must for students of Kriya Yoga.

"We use Kriya Yoga Sutras of Patanjali as our main source book in our popular Yoga teacher training program. This type of Yoga Sutras is accessible with a clear translation of Sanskrit words with a clear interpretation for the modern student of Yoga. The first book for your study of Yoga is the Yoga Sutras. This book will guide you on a journey that authenticates a Yoga practice amidst a Western cultural boom that largely equates Yoga with stretching exercise only. There is so much more to learn from Yoga and this version of The Yoga Sutras is one good place to guide your journey. Robert Butera, PhD Director, YogaLife Institute. [...] Dr. Robert Butera, PhD

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